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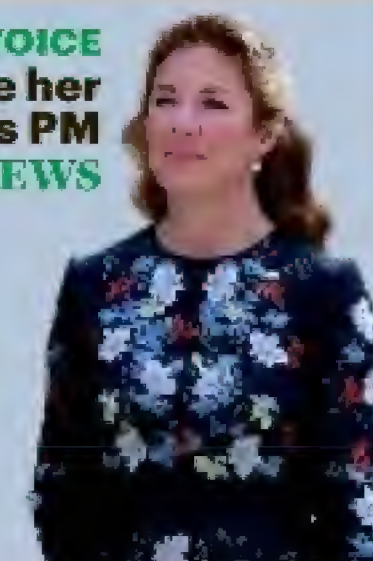
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BRAEDEN JONES/METRO

ARMoured & READY

Winnipeg police say their new ride will save lives **metroNEWS**

When two-way is not the way

STREET DESIGN

**One-way bike
lane would take
up less space, be
safer: Advocate**



**Braeden
Jones**
Metro | Winnipeg

Bike Winnipeg's executive director wants to take cyclists on a tour of bike lanes that don't exist.

Mark Cohoe says he will make his pitch for better bike lanes downtown, specifically on Garry and Fort streets, at the city's public consultation tonight at The Forks.

Cohoe said the proposed recommended design for a two-way protected bike lane down Garry Street isn't the best way forward.

"It's narrow," he said, adding cramming a two-way lane onto one side of the street means cyclists don't have enough room for passing, and it couldn't support the 20-year lifespan the city wants it to, capacity-wise.

"With bikes you're dealing with a lot more variation in speed and need space to pass safely," he said.

Instead, Cohoe plans to lobby for new bike lanes on both Fort Street and Garry Street.

The one-way lanes would take up less street space, less sidewalk space, and allow for better protection for cyclists at crossings, all while preserving more parking, patio and amenity room.

"It creates better capacity in the long run and better connectivity options as well," Cohoe said.

Cohoe will have a chance to make his case and provide feedback to consultants proposing the Garry Street option 6 p.m. during a pop-up engagement event at The Forks.

Afterwards, he and other Bike Winnipeg members will join active transportation planner Erik Dickson on an "infrastructure tour" to explore the bike lanes Winnipeg does have, see where gaps remain, and ponder what might come.

The ride departs from The Forks canopy at 6:30 p.m.



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Darren Kramer GETTY IMAGES

HOCKEY

Moose player Tasered in Disney World theft

A Winnipeg hockey player was arrested after a friend allegedly tried to walk away with stolen bowling pins from a Disney World restaurant.

Darren Kramer, who plays for the Manitoba Moose, was arrested Tuesday in Florida, according to media outlet Deadspin.

The scuffle started when Kramer's friend was allegedly spotted leaving the restaurant carrying a large flag and several bowling pins.

An officer asked the man, who identified himself as "Corbin," to return the items. The man returned the flag, but argued with Disney security about the pins.

"I advised him that he was to drop the items," reads a statement from the Orange County Sheriff's Office. "As I made contact, he held two bowling pins in his right hand and one in his

left. I observed his face lose all coloring and turn white, which I recognized as a threat."

The officer claimed he grabbed the pins after Corbin appeared ready to strike him. When asked to put his hands behind his back, the officer said Corbin "quickly

"I observed his face lose all coloring and turn white, which I recognized as a threat."

Sheriff's Office statement

turned to his right and stated a long "Noo" before fleeing on foot. That's when the officer says he spotted Kramer telling his friend to run away. The officer tried to handcuff the player, but he allegedly pulled the officer off his feet and tried to run.

As the pair scuffled, the officer said he had to subdue Kramer with a Taser.

Kramer has been charged with grand theft, battery of a law enforcement officer, and resisting arrest. METRO

POLICE

Warrant issued for mom of missing kids

Winnipeg police say a warrant has been issued for a Manitoba mother who police believe disappeared with her two children.

Const. Jason Michalyshen says a Canada-wide arrest warrant has been issued for Sandra Giesbrecht, 44, and that the charge is abduction in relation to the children.

Montana Giesbrecht, who is 11, and Josh Giesbrecht, who is 9, were last seen at 6 p.m. Monday evening in Win-

nipeg when they got a ride with someone police believe they knew.

Police say the car is believed to be a small white four-door vehicle.

They say they haven't issued an Amber Alert because they don't have a more detailed description of the vehicle.

Police say they are concerned for the well-being of the children and anyone who knows where they are should contact police. THE CANADIAN PRESS

Royal couple make brief landing in 'Peg

TOUR OF CANADA

Earl, Countess of Wessex visit aviation museum

There were smiles, handshakes and even a couple of jokes as Prince Edward and his wife Sophie made a brief, light-hearted stop in the Manitoba capital on Wednesday.

The Earl and Countess of Wessex toured an aviation museum and looked at vintage airplanes. They appeared to take particular interest in an experimental flying saucer, funded by the United States

air force in the 1950s, that was discontinued due to stability problems.

The Queen's youngest son later handed out certificates to dozens of recipients of the Duke of Edinburgh International Award, founded by and named after Edward's father. To receive the award, young adults participate in a leadership program that includes a wilderness portion called the Adventurous Journey.

Edward joked that when he took part in the program as a young man, he had second thoughts.

"I'm sure there were probably moments when you were doing it, you were wondering

+ NEXT STOP

Prince Edward and Sophie attended a gala in Regina on Wednesday night to mark the 50th anniversary of the Globe Theatre.

why you were doing it. And if it was anything like mine, it was probably halfway through the Adventurous Journey. However, it is a fantastic feeling when you get to the end."

Edward also noted a survey that said 75 per cent of program participants gained an appreciation of the outdoors.

"I'd love to know what the

other 25 per cent thought — "You've got to be joking! I'm not going out here again!"

Sophie toured a veterans' hospital. A brief walk on the hospital grounds, during which a young girl gave her flowers, was the public's only chance to see the countess before the couple headed to Saskatchewan.

Edward was to speak Wednesday night at a gala in Regina to mark the 50th anniversary of the Globe Theatre of which he is the royal patron.

On Thursday, the couple plan to visit Government House in Regina and take part in a public walkabout.

THE CANADIAN PRESS



1 Three-year-old Lena Bradshaw smiles at royal supporters after giving flowers to Sophie, Countess of Wessex, during a visit to Deer Lodge Centre.

2 Prince Edward and Sophie, Earl and Countess of Wessex, tour the Royal Aviation Museum of Western Canada.

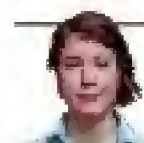
3 The royal couple arrive at the airport in Winnipeg on Wednesday.

JOHN WOODS/THE CANADIAN PRESS

More than 120,000 in city lack food security: Study

HEALTH AND PROSPERITY

'Mirages' make access to cheap nutrition seem easier than it is



Stephanie Taylor
Metro | Winnipeg

A new study released at the University of Winnipeg reveals more than 120,000 residents live without proper access to food in our city.

That lack of access does not only refer to physical distance from healthy food, research associate Kyle Wiebe explained during a media conference Wednesday.

Rather, he said it includes people who live near grocery stores but due to poverty cannot afford to purchase the nutritious food inside.

Wiebe was one of a team of four at the university's Institute of Urban Studies that examined this phenomenon, known as a food mirage, in a new study called *Confronting the Illusion: Developing a Method to Identify Food Mirages and Food Deserts in Winnipeg*.

He defines a food mirage as an area of a city where residents experience high levels of poverty but are located close to food stores.

By mapping these areas, Wiebe hopes to illustrate a more accurate picture of food insecurity in Winnipeg.

"What happens when you

look at food deserts is you only find people who are far away from healthy food sources, but there's a lot of barriers people face to accessing food," he told reporters.

The six-month study saw the locations of 73 food stores combined with census data on low-income residents and unemployment.

The study concluded that 85,000 people in the inner-city face food insecurity due to a lack of physical access and affordability as well as 36,000 people in non-inner-city areas.

It found some of the most severe food mirages lie in areas of the West End, such as around Spence Street, Central Park and along Ellice Avenue, as well as in West Broadway and homes around Burrows Central.

Institute director Jino Distasio said one of the purposes behind the study was to dispel the myth that food security focuses solely on distance.

"It's not about living in an affluent neighbourhood where you've got to drive to a power centre to get your food," he said. "It's about people that live in front of food that can't walk in that door and purchase that food."

He said governments must be pressured to address the root causes of poverty, which includes providing more employment opportunities, exploring an increased minimum wage and revisiting social-assistance rates.

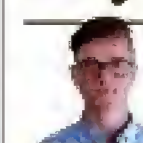
"Putting a grocery store in the downtown does not end poverty," said Distasio.



Kyle Wiebe, research associate at the Urban Studies Institute, says policy makers must address the issue of residents who live near healthy food but cannot afford to buy it. STEPHANIE TAYLOR/METRO

EMERGENCIES

Armoured vehicle not a luxury, say police



Braeden Jones
Metro | Winnipeg

Winnipeggers might question whether the city needed an armoured vehicle, but police officers who work primarily in high-risk situations don't. It could save their lives.

Tactical-support team member Const. Adam Cheadle, who has nearly 20 years of experience working in dangerous settings, said he sees them increasing "on a yearly basis."

"Whether it's firearm incidents or other (situations), higher-risk incidents are increasing," he said.

Cheadle explained the Winnipeg Police Service's new armoured response vehicle (ARV) will be useful moving police into position under cover or moving people to safety.

Insp. Jon Lutz said the "primarily defensive" 15,000-pound ARV "can do all sorts of things; we can tow vehicles out of the way ... it can force doors open if need be," he said.

It will also help first responders such as Brigitte Comte, one of six people the ARV could move into position to save lives.

"In terms of safe extraction of patients and personnel, I think it's sort of easy to see it could be helpful in high-risk incidents," Comte said, noting the rear of the vehicle will accommodate stretcher-use for patient transport. "An ambulance in and of itself is not built for a tactical environment."

The ARV was the subject of some debate in city hall and around Winnipeg when its purchase price of \$334,000 came to light in December.

Police agencies in 17 other Canadian jurisdictions use similar armoured vehicles.

We're really talking about a poverty issue, not so much as an access issue.

Jino Distasio

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'I'm still just a small town girl'

COUNTRY MUSIC

Jess Moskaluke bringing her tour to the Red River Ex

Meg Crane
For Metro | Winnipeg

From Langenburg, Sask., Jess Moskaluke never expected to become the province's first musician to be named Canadian Country Music Association Female Artist of the Year.

"I'm still just a small town girl. Nothing really changes expect for my job. People recognize me sometimes, I guess," Moskaluke said.

Moskaluke has performed across the country, including at the MTS Centre last fall where she played with Paul Brandt and Dean Brody on their tour.

Now, she's headed back to Manitoba on her own tour.

Moskaluke will be performing at the Red River Ex on June 23, and she's bringing her Winnipeg band members



Jess Moskaluke never expected to make it this far as a musician. CONTRIBUTED

Carl Shewchuk, Brennan Wall and Chris Ulrich with her.

Moskaluke didn't grow up expecting she'd be a full-time musician touring with her own songs and band.

In fact, she was studying criminal justice until she became too busy to attend classes and took a break to record her three albums.

"I started kind of the same

way anyone would start any hobby or sport," said Moskaluke.

She sang in choirs, entered singing competitions and posted videos on YouTube.

"Gradually things continued to happen," said Moskaluke.

She was signed to MDM Recordings and became the first female Canadian country solo artist to reach gold single status

+ MUSICAL NOTES

■ Jess Moskaluke's fan base began to grow after **Amen Hallelujah** came out.

■ Her single **Kiss Me Quiet** was Top 10 on Canadian country music radio.

■ She released **I'm An Open Road** with Paul Brandt in July 2015.

since Shania Twain. She insists she didn't become a star overnight.

"It's not like what people think. There's a lot of stepping stones. There's hundreds of little things that happen," Moskaluke said.

Despite her current fame, Moskaluke isn't banking on surviving off music forever, as much as she'd love to. Her backup plan includes finishing the criminal justice degree.

"I just haven't had time to go back to school," Moskaluke said.



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Refugees still facing delays, sponsors say

SYRIAN CRISIS

500 families, 2,900 people, still wait to come to Canada

In January, Canadian officials matched Sarah Crawford and her sponsorship group with a Syrian family in Turkey and told them the refugees could be here in as soon as four weeks.

The group spent thousands of dollars renting a bungalow near Victoria Park Ave. and Ellesmere Rd. that sat empty for four months before the family of six finally arrived on June 1 from Istanbul.

Despite the long wait and wasted rent money, Crawford's group, Rise Again, from Rosedale United Church, is actually one of the lucky ones. Hundreds of other groups are still waiting for their families to arrive.

According to Canada for Refu-



Syrian refugee children look out from their tent at a camp in Sidon, Lebanon on May 3, 2016. THE ASSOCIATED PRESS

gees, a coalition of community sponsorship groups, some 2,900 refugees, or about 500 families, who have been fully approved and are ready to travel are stuck in limbo.

"We are asking the Canadian government to arrange charter flights to get these approved families to Canada quickly," said Doug Earl, of Canada for Refugees. "The refugees are in very precarious situations in the Middle East, and there are many citizen sponsorship groups here

in Canada waiting to welcome them."

On May 9, Ottawa dispatched 40 additional staff to the Middle East to process Syrian refugee sponsorship applications, in response to a public outcry over processing delays after the government met its target of resettling 25,000 Syrians refugees by the end of February.

The latest revelation of delays came just as the government wrapped up a six-week "blitz" in which officials completed 6,100

refugee interviews.

According to Immigration, Refugees and Citizenship Canada, these individuals and families will continue through the screening process, including full health and security checks. It will be another three to six months before they arrive.

"While it is important to prepare for the arrival of the sponsored refugees, we encourage sponsors not to obtain permanent accommodations too far in advance," the immigration department said.

Earl said the number of Syrian refugees waiting for planes to Canada is increasing by 70 a week, and in one of its members' cases, the family was approved in late February and has yet to arrive.

"Many of these families have children whose best interests would be being settled in Canada before the start of the school year," said Earl. "For that to happen, they need to be moved now."

TORSTAR NEWS SERVICE

POLITICS

Trudeau wants PM's wife's role modernized

Justin Trudeau summed up his first months in government with a self-congratulatory pat on the back for keeping key electoral promises to aid middle-class families, while also answering questions about the role of a prime minister's wife.

Yet in a news conference eight months after taking power, he appeared a more wary leader than the exuberant campaigner of 2015, deflecting questions, revealing little, even refusing to reiterate certain campaign promises on tough issues still ahead.

The prime minister touted his government's quick action to bring in an income tax cut, new child benefit and a new national plan to enhance the Canada Pension Plan, even as he conceded he's had to remind



Justin Trudeau and Sophie Grégoire Trudeau. GETTY IMAGES

his own ministers to pace themselves for a four-year term.

"We don't have to accomplish everything immediately and we can't expect to be able to accomplish everything within the first few months," Trudeau said. TORSTAR NEWS SERVICE

IN BRIEF

Guard unhurt after prison hostage-taking incident

Quebec provincial police say a hostage-taking at a courthouse in a remote Quebec town on Wednesday ended after a few hours.

Police say two convicts took a female correctional officer hostage in Sept-Îles before eventually surrendering.

She was not hurt, said police. THE CANADIAN PRESS

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Brexit may crush your candy to bits

UNITED KINGDOM

Vote could have impact on Canada-EU trade agreement

May Warren
& Genna Buck
Metro | Toronto

Brexit may be a bloody big deal, but some Canadians are worried it will sour their chances of get-

ting sweet and savoury treats.

Millions of Brits go to the polls Thursday to decide on staying in or leaving the European Union. There are huge issues at stake, from immigration to millions of jobs.

But there's also small stuff that could be caught in the crosshairs if the U.K. votes to leave.

Andrew Cardozo, who imports British products, from mushy peas to "prawn cocktail" crisps, to his shop London Calling in

Toronto, Ont., said he's following the debate closely and is concerned about what might happen if Britain bolts.

"I'll be upset if I can't get them," said Cardozo, in front of rows of imported Cadbury chocolates.

"I think the younger people are more going to be voting yes. I have friends in Ireland and they want to move to London, so if it goes no, they're not going to be able to go to London and work,"

he added.

In 2013 Canada reached a free trade agreement in principle with the EU, known as CETA, but it hasn't been ratified yet.

Crina Viju, an assistant professor of European Economic Integration at Carleton University, said its future is uncertain if the U.K. pulls out.

But she doubts Britain will put up any barriers to trade with Canada even if it decides to fly solo. "It's up in the air," she said.



Andrew Cardozo's store, London Calling, may be caught in the middle of the Brexit debate. LIZ BEDDALL/METRO

WHAT YOU NEED TO KNOW

The referendum explained

On Thursday, citizens of the United Kingdom will vote in a referendum on whether their country should remain in or withdraw from the European Union. Here's what you need to know.

WHAT'S ON THE BALLOT?

The referendum question will read, "Should the United Kingdom remain a member of the European Union or leave the European Union?"

CANADIANS CAN VOTE?

Yes, if you are a Canadian citizen who currently lives in the U.K.

WHAT DO POLLS SAY?

According to the Financial Times's Brexit poll tracker, it's a neck-and-neck race, with 44 per cent in favour of remaining with the EU, 45 per cent in favour of leaving and 11 per cent undecided.

WILL LEAVING IMPACT THE ECONOMY?

In the short term, a vote to leave will likely weaken the pound, and could boost the U.S. dollar as investors look for more stable currencies.

TORSTAR NEWS SERVICE



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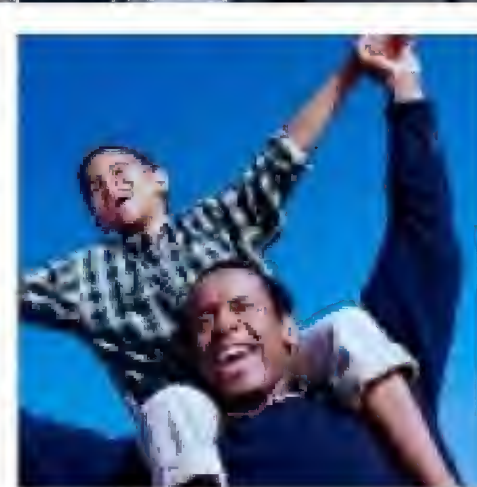
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CHANTAL HÉBERT ON TORY LEADERSHIP MANOEUVRING



Winning Quebec will not alone win anyone the Conservative leadership next spring, but being shut out of the province could be fatal — especially if Ontario splits three or four ways.

On a day-to-day basis, few Parliament watchers pay attention to Lévis-Lobtinière MP Jacques Gourde. On the Hill, his main claim to fame is to have been the only Conservative from Quebec to not make the cut of Stephen Harper's last cabinet. He spent his party's decade in power on the backbench of the government. In the new Parliament, the scenery is different but Gourde's role is as low-key as in the previous ones.

But outside the bubble, the fourth-term MP is distinguished by his electoral resilience. In contrast with colleagues invested with more gravitas such as Michael Fortier — Harper's handpicked senatorial minister for Montreal — or Lawrence Cannon, Josée Verner and Jean-Pierre Blackburn, Gourde kept his rural Quebec seat through challenging Conservative times. He even survived the 2011 orange wave.

Gourde's forte is organization. He cut his teeth as a volunteer for the provincial Action Démocratique du Québec party and the federal Conservatives at a time when both were facing uphill battles just to be taken seriously. In 2006 he decided to run.

In that federal campaign, Gourde's riding was one of the few places where Harper could hope to draw a decent crowd. On one visit to the rural riding, a cortege of 50 pickup trucks was reportedly on hand to provide a motorcade for

the Conservative leader. It probably helped that it was the dead of winter and that Gourde's fellow farmers had a bit of time on their hands.

As the long campaign to select a successor to Harper slowly gets underway, most

a notion that has only negative traction within Quebec's political class.

He believes Canada's corporations, including Bombardier, should be weaned from federal subsidies.

More recently, Bernier came

tions.

A solid organization can trump myriad high-profile endorsements.

Just ask former Ontario Tory minister Christine Elliott. She had impeccable connections to the party establishment and a proven track record ... and she was trounced by federal backbencher Patrick Brown in last year's Ontario Tory leadership vote.

Could Bernier pull the same trick at the federal level? That would depend on whether his campaign has boots on the ground in the other regions. This is one operation where having support a mile wide, even if only an inch deep, is actually better than the alternative.

In the Conservative leadership arithmetic, every riding is worth an equal number of points regardless of the size of its membership. Securing a solid footing in Quebec — the province with the second-highest number of seats — early on could turn Bernier into more of a force to contend with than his opponents expect or the polls suggest.

Winning Quebec will not alone win anyone the Conservative leadership next spring, but being shut out of the province could be fatal — especially if Ontario splits three or four ways.

While so-called big name candidates such as Jason Kenney and Peter MacKay fiddle with possible leadership bids, Bernier is preemptively locking Quebec votes. Sometimes the early bird does catch the worm!

Chantal Hébert is a national affairs writer. Her column appears in Metro every Thursday.



FACE OF A KINGMAKER? Low-profile Conservative MP Jacques Gourde is known as a master campaign organizer. Having hitched his wagon to Maxime Bernier, Gourde could play the key role in the party's leadership contest. ADRIAN WYLD/THE CANADIAN PRESS

Conservative MPs are keeping their cards close to their chests. They want to see the full lineup before they commit to a camp.

But Gourde has already made his choice. He is the co-chair of Maxime Bernier's leadership campaign and more of a catch than appearances or titles would suggest.

For, notwithstanding his native son status, it is hardly a given that Bernier will earn the backing of many more Quebec MPs.

His penchant for taking a knife to sacred cows has not necessarily endeared him to his colleagues.

He once mused about doing away with the language law —

out against supply management, a program of iconic status in rural Quebec. Gourde had to scramble to explain that stance to his own constituents. He ended up soft-peddalling it.

All of which is to say that when the time comes to collect endorsements, the Beauce MP might not be overwhelmed with Quebec caucus support. But by then, it may not matter all that much.

In a one-member, one-vote leadership contest, the weight of the party establishment is infinitely less significant than in the days when so-called ex-officio delegates made up as much as a third of those who voted at delegated conven-

ROSEMARY WESTWOOD

Campus-sex-assault fight requires paradigm shift on privacy issues

When universities play the privacy card in sexual assault allegations, it's a supremely terrible look.

Last week, it was Simon Fraser University's turn to seem both heartless and spineless, the one-two punch of bad PR.

To all questions asked about any details of the case of a male student accused by three female students of sexual assault — complaints more fulsomely catalogued in a series of pieces by the Vancouver Sun's Daphne Bramham — officials responded with the mantra: "I cannot comment due to privacy concerns."

It's a line that sounds suspiciously like obfuscation and brand management. But to be fair, universities are in a legal bind. All public institutions are governed by provincial access to information and protection of privacy laws that include broad restrictions not just for privacy, but the dissemination of any personal information.

Essentially, as privacy expert and lawyer Michael Power told me, schools are prohibited from publishing details that may lead to a person being identified. Power himself would counsel this exact tight-lipped approach.

But this abundance of caution is far from just. It is purely and only legally expedient, and it must change.

Not only does the status quo threaten the safety of women by obscuring important information about alleged criminals, but it de facto privileges the privacy rights of said

alleged criminals over justice for victims, nevermind the school's interest in avoiding bad press. This has been the case at schools for decades. No surprise then, evidenced by abysmal reporting rates (about one in 10 assaults), that women have noticed.

We are at a turning point, where provinces are beginning to force universities to institute clear and discrete sexual assault policies. But the laws, while more thorough in Ontario than B.C., remain too weak. They require policies in only the broadest of terms, and rely on schools, historically feeble protectors of women's safety, to magically transform into robust ones. There's no demand to routinely collect and publish crucial data that could finally offer a truer window into the problem. And there are no requirements for universities to report sexual assault complaints to police.

Nor do these bills change the balance of power on campus, which favours the privacy of alleged rapists. Sure, that's how privacy laws have been written. But since they lead to negligent behaviour on the part of colleges, it seems high time we amend those laws to allow more transparency.

If we don't, even schools that want to be more transparent will be prevented from doing so. And the public, and most importantly survivors, will believe that, on sexual violence, schools are all lip service and no action.

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The CFL's hail Mary moment

While our U.S. neighbours have turned football into a religion — from the Friday night lights of high school fields to the ad-strewn Super Bowl — Canadians haven't embraced the game as much. The Canadian Football League has kicked off a new plan to create a deeper bond with younger fans to keep the game alive. Here is how they are doing it.

KATE PETTERSEN FOR METRO CANADA

The Canadian Football League is rich in talent and culture, but for the most part fans are born into it. Maybe your grandfather was a fan, your parents follow the league or your uncle used to play.

In a country where the sports landscape is growing at a rapid pace, arts and culture are thriving in major cities and the competition for peoples' interest continues to increase, the CFL recognized the need for a change.

"We want to keep the brand fresh, new and invigorated for our existing fan base," said Commissioner Jeffery Orridge. "At the same time we need to attract the attention of the next generation of fans."

Their league-wide rebrand is a push to attract millennials with a reenergized presence both on and off the field — one that showcases the skill and athleticism of its players and features a handful of new stadiums across the country.

A party in Montreal last month, featuring a late night performance by Taboo of the



Black Eyed Peas, marked the launch of a new clothing deal with Adidas. More than 300 attendees packed the dance floor of Time Supper Club, staying until close, to mingle with players and snap photos

with the Grey Cup.

And, fitting perfectly with the league's fresh mandate, the partnership includes new uniforms, sideline apparel and an Originals lifestyle collection for fans.

Teams have also stepped up their social media presence in effort to create culture and recognition around Thursday Night Football, complete with in-game DJs, pre-game shows, and tailgating. Players

are jumping on board to help spread the word: Whether it's Snapchat takeovers during practice, contests for fans on Instagram or behind the scenes video footage on road trips, access to social media is creating a deeper connection between fans and some of the league's brightest stars.

Feedback so far has been overwhelmingly positive, said Orridge.

"The players love the idea of this new style CFL. They realize they are the most valuable assets of the league and it's a real focus that we're showcasing them not only on the field but also telling their stories off the field."



Refreshed roster

It's been a long time since the Winnipeg Blue Bombers have won a Grey Cup — 25 years in fact. And, after taking an "all-in approach" during the off-season, their roster looks impressive on paper. Under the leadership of General Manager Kyle Waters, the Bombers made a big splash in the free agent market inking veteran running back Andrew Harris, receivers Weston Dressler and Ryan Smith and kicker Justin Medlock, all players with proven track records as big-time playmakers. Heading into the 2016 season, Waters feels confident his staff added the right pieces to the puzzle. "Everybody is starting off the same," he said. "You play the games and you win or lose and that's how we're judged. We're optimistic about the changes we've made."

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7:30 - THE TINS

9:00 - NASHVILLE REC. ARTIST

10:00 - USA AND THE ARTISTS

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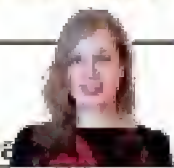
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Tumbling over the edge — in a barrel

DEBUT NOVEL

Story of quirky family pegged on daredevil waterfall stunt

Sue Carter
For Metro Canada



Whenever Amy Jones visits Kakabeka Falls, which isn't far from her home in Thunder Bay, she often has a morbid thought: "What would happen if I fell in?"

And that's what happens to her character, Kate Parker, the matriarch of a dysfunctional family, in Jones' funny but heartfelt debut novel, *We're All in This Together*.

Except that Kate intentionally chooses to go over the 40-metre-high falls, daredevil-style, in a barrel. (In reality, Jones is fairly certain that no one could survive the ride.) Kate's kamikaze-grandma stunt is captured on a video that goes viral and makes international tabloid news, pulling together



Amy Jones says "I really like writing about places" and tried hard to get the emotional feel of Thunder Bay right in her debut novel. CONTRIBUTED

three generations of the Parkers in what is only the beginning of the family's adventure.

Kate's near death brings back to town her daughter Finn, the only member to have left Thunder Bay and whose lonely life in Toronto has fallen apart.

Kate's husband, Walter,

seems in turn bewildered and accepting of his wife's erratic behaviour. There's Shawn, a former street kid who has lived with the Parkers for years but still feels emotionally insecure in his position within the family, and his wife Katriina, a seemingly all-together real estate agent with dark secrets

of her own.

And then there's Nikki — Finn's identical twin sister and opposite in all ways — a fiery single mom with several kids, including a son conceived with Finn's then-boyfriend, and London, a precocious animal lover who falls in love online with a Shark Week host.



We're All in This Together is a complicated layering of time shifts and perspectives, as each character takes their turn revealing their inner emotional lives and personal history. In writing the manuscript, Jones used sheets of Bristol board and coloured markers to keep track of all the various timelines and

backstories.

"It was a big knot that I was trying to untangle, pulling out threads," she says.

Jones always knew that she wanted her book to be set in Thunder Bay, her adopted home of six years. Many of the short stories in her first book, *What Boys Like*, were set in Halifax, where she grew up.

"It's become part of my trademark," she says.

"I really like writing about places."

She had observed that outside of a few exceptions, such as Michael Christie's *If I Fall, If I Die*, there has been very

little northwestern Ontario literature set in an urban environment.

"I feel really inspired by the city. Not in the way that people would assume — the natural landscape and the forest and the lake," says Jones.

"Really what I find fascinating about living here are the people and their tenacity. The real family connections that people have. The constant pull of needing to go or wanting to stay, and vice versa. It's a very complex relationship with the city."

Although Jones did plenty of research about the region, even digging deep into topics such as ground erosion, she was more concerned about getting the emotional feel of Thunder Bay right.

"I really did want it to reflect back what I saw and what I experienced. I tried to be as honest as I could be," says Jones.

"I didn't think about it when I was writing, but since people have been reading the book, I feel like an ambassador."

Sue Carter is the editor at Quill & Quire magazine.

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FLATLANDER'S BEER FESTIVAL

Thousands come together to celebrate all things beer

The 14th annual Flatlander's Beer Festival is giving hopheads more ways than ever to celebrate their beloved drink — with this year's event promising to be the biggest yet, says one organizer.

"We're expecting about 5,000 people in comparison to about 3,500 in the past," says Kait Flett, game day and events manager at the Winnipeg Jets True North Foundation, for which the festival serves as a fundraiser. "We've added an extra tasting and, while in the past the festival has been on the ice-level of the MTS Centre, this year we're also incorporating the arena's main-level concourse."

Taking place June 24 and 25, Flatlander's will showcase 107 breweries and offer up more than 240 beer and cider samples from across Canada and countries such as the United States, Spain, Denmark, Belgium, Austria,



PHOTO BY ANDERS HOMENICK, FRIENDSHIP RINGS

Iceland, South Africa, Germany and Ireland. It will also put a special focus on the budding local beer market.

"We've traditionally had three breweries in Manitoba. In 2016 alone, there are 10 local breweries that have opened or are in the process of opening," says Flett. "We have nine local

breweries at the festival with their own Locals area. This is a chance to discover the new and awesome beer that's coming up, and support the local craft beer market."

Another addition, says Flett, is an expanded educational component. With a "learning never tasted so good" tagline, the festival will include

Essential festival details

Planning to grab a brewski at Flatlander's? Here are the essential festival details to get you started.

Where: MTS Centre

When: June 24 (7-10 p.m.) and June 25 (1-4 p.m. and 7-10 p.m.)

Tickets: Start at \$39.95 and can be purchased at all Winnipeg Liquor Marts and Ticketmaster.ca.

two intimate educational seminars per tasting for those who wish to learn about the brewing process, the craft beer industry and more from the beer makers themselves.

"We have six different brewers presenting and seminars will give people a chance to hear about interesting topics and interact with the brew masters," she says.

And while Flatlander's has grown, there's no need, says Flett, to be overwhelmed. Just look out for Beer Geeks, who, with their bright yellow shirts, will be easy to spot and can help you to navigate the festival.

"The Beer Geeks are also new," she says. "They are super knowledgeable about beer and a great place to start if you look at your program and still need suggestions on where to start. They'll pick your brain, see what kind of tastes you have and send you on your way."

Need more reason to go? All funds go to local charity

While sampling beers and ciders and noshing on food truck eats during the 2016 Flatlander's Beer Festival, you will also be helping a worthy cause, as the event is one of three major annual fundraisers for the Winnipeg Jets True North Foundation.

"Flatlander's was created 14 years ago with the sole intention of being a fundraiser for the Foundation," says the organization's game day and events manager, Kait Flett. "Funds are raised through ticket sales and 100 per cent of those funds go to the Foundation."

The Winnipeg Jets True North Foundation is the charitable arm of the Winnipeg Jets. It allows players, their partners, coaches, board members and True North staff to contribute to the Manitoba community by developing and operating programs that serve disadvantaged kids.

Presented by Manitoba Liquor Marts, this year's Flatlander's festival takes place on June 24 and 25 at the MTS Centre. It is expected to draw around 5,000 visitors and raise more than \$100,000 for the Foundation, says Flett.

"All three programs operated by the

Foundation will be positively impacted by the money that's raised," she says. "Funds will go towards helping cover operating costs of our programs, and allow us to continue to expand and to provide more resources to Manitoba kids."

Inspired by and created in honour of former Jets and Moose player Rick Rypien, #11, one of the programs is PROJECT 11, which supports Grades 5 to 8 students with virtual tutorials educating them about mental health. Camp Manitou, meanwhile, delivers outdoor programming to provide accessible camp experiences to children, youth and community groups. And the Winnipeg Jets Hockey Academy enables more than 625 children who have few recreational options to participate in a hockey skills program over a 25-week period in hopes of increasing school attendance and high school graduation rates in socially and economically challenged schools in Winnipeg.

During the Foundation's first 20 years it has provided more than \$11 million of funding to youth-based initiatives across the province.



PHOTO BY MARCUS HOCH

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OLD TOMORROW LAUNCHES NEW LAGER AT FESTIVAL

Old Tomorrow, the Ontario-based beer company that created the first Canadian Pale Ale or “CPA” beer style, is launching a distinctive new brew into Manitoba this month — a crisp lager style called Track 85 Lagered Ale. Now available at Manitoba Liquor Marts, Track 85 will also be on hand for tasting at the Flatlanders Festival this weekend.

Patently cold-conditioned or “lagered,” Track 85 produces a refreshing crispness with subtle fruit notes and a malty body. It contains German Noble Hops fused with Western Prairie Malts & Two Row Barley as well as a specialty German yeast. It’s brewed in the traditional German Alt style.

Old Tomorrow is an Ontario family company relatively new to the craft beer scene. Co-founder Ian Macdonald explains that its vision is to create flavour-forward beers that celebrate iconic moments of Canadian greatness.

“We want to make great-tasting beers that are approachable and connect with people in celebrating what makes Canada

great,” he says. “Track 85 salutes the epic feat of uniting Canada by rail and the impossible challenges of forging a steel spine through ice, rock and wilderness. The name commemorates the last spike, driven in 1885.”

Track 85 follows the successful launch last Fall of Monty’s Golden Ryed Ale, a limited-edition easy-going beer aged in oak and Canadian rye whisky. Created in collaboration with Olympic Champion & Manitoba native Jon Montgomery, Monty’s celebrates Jon’s victory in capturing Skeleton gold in Whistler.

Last year Old Tomorrow’s Canadian Pale Ale (CPA) won “Best of the Fest” at Sessions Toronto and a Bronze at the Ontario Brewing Awards.

Old Tomorrow is encouraging the pairing of craft beer styles with food and has worked with chefs to create innovative, easy-to-make recipes featuring its beers. It recently launched a new “Summer Beer-Taining” guide with loads of fresh tips and new recipes for waking up your taste buds



CONTRIBUTED

with new seasonal flavours, available at oldtomorrow.com.

“We’re really excited that our beers are now in Manitoba, and I am looking forward to meeting craft beer enthusiasts at

this weekend’s Flatlander’s Festival,” says Macdonald. “We’re looking for ideas for our next beer style and hope that festival-goers will stop by our booth and offer up their suggestions.”

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Beer school is in session: find a seminar right for you

Whether you're a beer novice or an expert, Flatlander's Beer Festival has a seminar for you. As an expansion of its educational component, the two-day beer fest will feature two seminars (yes, samples will be provided) per tasting, with brew masters who will be available for questions and comments in an intimate setting.

Kicking things off on June 24 will be Robin Gregory, Prud'homme certified beer sommelier, who will discuss the history of Innis & Gunn's brewery, specialization in oak maturation and innovation over the years to meet the demand for oak aged beers.

Tina Wolfe, Certified Cicerone of Granville Island Brewing in British Columbia, who is out to prove it's not only wine that goes with cheese, will follow Gregory. She'll delve into the details of crafting different beer styles and teach you how to create the ideal cheese pairing.

During the matinee tasting on June 25, meanwhile, Ken Beattie, the executive director

Schedule

Don't miss any of the seminars at Flatlander's:

June 24: Innis & Gunn (7:30-8 p.m.), Granville Islands (8:30-9 p.m.)

June 25 matinee: BC Brewers Guild (1:30-2 p.m.), Mill St. (2:30-3 p.m.)

June 25 evening: Manitoba Brewer's Association (7:30-8 p.m.), Brewster (8:30-9 p.m.)

ector of the British Columbia Craft Brewers Guild will tell the story of Vancouver's craft beer explosion, the challenges accompanying the fast growth of the city's breweries and how craft breweries can pull together communities.

Thomas Harty, regional brand manager for Mill Street Brewery, will then introduce



CONTRIBUTED

tasters to the world of organic beers.

To round things out, June 25th's evening tasting will give attendees an opportunity to meet the locals when David Rudge, president of the Manitoba Brewers Association, hosts a session with the brewers and founders of the new wave of Manitoba's

independent craft brewers.

Don McDonald, director of sales for Brewsters Brewing Company out of Alberta, will close Flatlander's by telling his story of becoming one of the craft beer pioneers in that province and his recent expansion to Manitoba.



CONTRIBUTED

MEET THE BREWMMASTER

As Lake of Bays Brewing Company reaches year six, Dan Unkerskov (Dunk) celebrates his 5th year with LB on Aug. 22nd.

Like the past three generations before him, Unkerskov is a traditional brewer. You can see his grandfather and great-grandfather's paintings hanging in Albani Brewery (1859) of his home country, Denmark. Unkerskov boasts his most balanced beers, but we've seen him experiment with ingredients like spruce, maple, coffee and sarsaparilla.

Dedicated to his art, we'll often see him poking around on weekends to check in on Mother Yeast. As is the nature of brewing, there's always something to fix, check, or clean. When he's not lugging kegs and mixing brews, Unkerskov enjoys oil painting, cooking, or riding his '94 Harley Sportster down to Niagara to visit friends and family.

He's a lovable grump at times, but if you're ever able to catch Dan at LB's weekly beer o'clock, he's happy to chat with anyone excited about craft beer.

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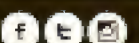
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Half Pints paving the way for locally owned breweries

When Half Pints Brewing Company opened for business, it was the only locally owned brewery in Manitoba and produced 2,000-litres of beer weekly. Ten years later, it is paving the way for other breweries while trying to keep up with demand as it brews about 18,000-litres per week.

"We started up the Manitoba Brewers Association and we're looking forward to getting different voices to bring attention to locally brewed beer," says David Rudge, president and CEO of Half Pints, which brews four core offerings as well as seasonal and test and trial batches. "If it's just me waving my hands like Kermit the Frog at the end of Muppets movies, yelling, 'Try our beer!' it gets boring."

In addition to the excitement of a newly established local craft beer market, Half Pints recently earned a gold medal for their St. James Pale Ale at the 2016 Canadian Brewing Awards.

And for those who want to try it or any of the company's other brews while learning

more about the brewing process or meeting the people behind Half Pints, ground has been broken on the construction of a taproom.

"We're right by the airport so for a lot of people we're either their first stop once they land or their last stop before they leave," says Rudge. "I like the idea of being welcoming to people and now I feel like I just got free reign to renovate my living room to do that. Our goal is to be open by August or September."

In the meantime, you can also catch Half Pints at the Flatlander's Beer Festival on June 24 and 25. The company will offer up a few options to festival goers, including a chocolate stout and its sour Old Red Barn as well as a flavour-changing beer.

"We call it the Nebulous IPA," says Rudge. "We'll infuse our IPA with a new flavour every hour of each session. So if you try it at the start of the festival, it will taste totally different if you come back at the end."



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No lazy summer days here

FUN IN THE SUN

Get out your calendars and mark these events down

Alana Trachenko

If summer is supposed to be time off, Winnipeg didn't get the memo.

There are festivals, exhibits and performances to enjoy every week.

Aboriginal Day Live

Head to The Forks for an incredible show of free, live music on June 25. This year marks the event's 10 year anniversary and it's sure to please. From 7 to 11 p.m., you can see A Tribe Called Red, Dragonette, Ghostkeeper and Genevieve Fisher on the main stage. During the day, check out arti-

sans and food vendors starting at 11 a.m. at The Forks, as well as a pow wow which goes from 1 to 6 p.m. and a skateboard competition from 1 to 6 p.m.

Summer Rooftop Pop-Up - 18+

The Winnipeg Art Gallery (300 Memorial Blvd.) will be kicking off its rooftop series on July 13 with a mixology party. Chad Cornell and Nancy Hall from Hollow Reed Holistic will be showing the crowd how to mix organic and inspired craft cocktails with natural ingredients from the garden. Plenty of samples as well as the cash bar. Event runs from 8 to 11 p.m., \$25 per person.

Downtown Concert Series

Downtown Winnipeg Biz will be hosting its annual free concert series at the Air Canada Park with The Deeds on June 29, William Prince on July 6, and Leanne Pearson on July 13. Or you can head down to the Outdoor Cityplace Ter-

race, located off the second floor food court, for Jonny Moonbeam on June 28, Darling Twig on July 5, Kevin Roy on July 12, and Chris Suderman on July 19. Shows take place from noon to 1 p.m., because lunch tastes better with live music in the air.

Jazz in the Leo Mol Sculpture Garden

Free jazz performances take place at Assiniboine Park's sculpture garden every Sunday from 3 to 4 p.m., kicking off with Connor Derragh on June 26. Sit back and enjoy intricate jazz compositions while taking in the beauty and tranquility of Leo Mol.

Summer Music Series at the Lyric Theatre

Grab a lawn chair and an ice cream cone and head to the Lyric in Assiniboine Park for more free music. Ron Paley Big Band performs on July 7 at 7 p.m.; Bed of Roses on July 8 at 8:30 p.m. and Leanne Pearson on July 15 at 8:30 p.m.



Downtown Winnipeg Biz hosts its free concert series at the Air Canada Park this summer. ISTOCK

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Hit Up these Top 5 beaches near you

1. Grand Beach

Maybe it's the sand dunes, maybe it's just in the name — Grand Beach is an all-time Winnipeg favourite. With markets, fish fries, fireworks and Manitoba's longest running sand castle competition, there is no shortage of summertime fun.

The park also features a campground for both tents and trailers, a water park and hiking trails. Volleyball nets and snack stands make family outings easy and memorable for all ages — the picture perfect beach day.

2. Patricia Beach

If you're looking for a quieter beach escape, head 84 kilometres north of Winnipeg for white sand and clean water. Patricia Beach is a close enough drive for small, antsy passengers but it feels like the middle of nowhere — in the best way.

3. Birds Hill Park

Recently expanded, Birds Hill man-made lake and beach is a great way to get in some beach time close to home.

Clean and well-kept, the beach is a great place to sprawl out for a day, afternoon or even-



Hitting the beach is a memorable day for all ages. ISTOCK

ing with the whole family. Lifeguards are on duty during the day. Getting there early on a hot day ensures a prime picnic spot in the shade, complete with table and grill. Don't forget the hot dogs!

4. Winnipeg Beach

Once accessible by train and home to a vintage amusement park, Winnipeg Beach is now a thriving cottage community with plenty of sunshine and amenities for visitors. Take a stroll down one of the beach's wooden piers for a panoramic view of the lake and finish off the day with a meal at one of the

town's many cozy restaurants.

The Playland Arcade, located on Beach Avenue, is a favourite for kids and nostalgic adults.

5. Gimli Beach

Find a little slice of Iceland at Gimli Beach. The sandy strip lays adjacent to the charming, bustling town which offers its famous fish and chips, dozens of ice-cream flavours and a must for pizza connoisseurs — Brennivinn's Pizza Hus. Mark down the Icelandic Festival on your calendar as well, when the town showcases its best in music, shopping and Viking heritage.

ALANA TRACHENKO



Not sure where to go? Grab some local coffee or ice cream and wander your neighbourhood. CONTRIBUTED

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EXPLORE

No shortage of affordable (or free!) things to do

Alana Trachenko

Winnipeggers love their time in the sun, which is why there's no shortage of fun, cultural and affordable (or free!) things to do in the city this summer.

If you're looking to stay active and enjoy the weather, hop on a bicycle and tour your community. Bicycles can be rented from a variety of locations throughout Winnipeg, including The Forks, Assiniboine Park and Bird's Hill Park, so you can enjoy a mini road trip even if you don't have a bike of your own (bikewinnipeg.ca).

Festival is the magic word this summer and we've got no shortage. Check out the Fringe Festival (July 13 to July 24) for

some seriously talented comedy and drama performances. The Osborne Street Festival is an unmissable stop on Canada Day, when one of the city's busiest streets is shut down to vehicles and is taken over by patios and merchants. And whether you've got a night or the whole weekend, The Winnipeg Folk Festival — only 15 kilometres outside city limits — is a summer staple for music, sunny weather and good vibes.

If you're not sure where to go next, grab an iced coffee from one of the many local coffee shops (and a doughnut to go with it), and wander your neighbourhood. You might stumble across a pop-up shop, a garage sale or an impromptu street performance.

And as the evening sets in, head out onto a fairy-lit patio for an award-winning craft cocktail or an inspired locally sourced entrée.

In a city that can feel like a small town, we've got all the accoutrements of a bright, bustling metropolis — get out there and enjoy it!



Hop on your bike and explore your community. iSTOCK



Add serious style with DIY tile

HOME PROJECT

Dress up a desk and add some buzz to your backyard

Transform an unfinished wood table with colourful tile and paint. Don't worry, you don't need to be a tiling pro for this job.

Step 1: Gather and shop for the supplies:

We used an unfinished wood coffee table and tiles from IKEA but you could transform any old table with tiles.

When selecting tile, ensure you measure the area that you plan to tile so you buy enough product. You'll probably want to avoid having to cut the tiles, so measure first! Purchase enough wood trim to fit around the finished tiled area of the table.

Ensure the trim is the appropriate size to cover the edge of the tile.

You'll need:

- Coffee table
- Tile
- Paint
- Wood trim
- Sandpaper
- Pre-mixed tile adhesive &



It's the perfect weekend project to transform a wood coffee table into a colourful tiled table.

PHOTOS DEBRA NORTON/FOR TORSTAR NEWS SERVICE

- grout
- Notched trowel for spreading adhesive
- Tile spacers (optional) for spacing tiles
- Rubber grout float for applying grout

- Hammer & finishing nails (optional)
- Gorilla glue (optional)
- Saw
- Painter's tape
- Tape measure
- Paintbrush

- Sponge and bowl or pail of water
- Sealer for grout and tile (optional)

Step 2: Prep your surface. Sand the wood to remove any rough edges or sticky residue.

Step 3: Lay out the tile

Place your tile on the table surface. Allow space for grout lines (1/8" — 1/4"). Use painter's tape to mark an outside border. Tile adhesive will be applied within this border. Using the tape ensures the tiles and adhesive are within the desired area.

TIP:

Since this was a small surface, we were able to keep the tiles straight. However, you may find it helpful to use tile spacers.

Step 4: Apply tile adhesive.

Use the flat edge of the trowel to apply a thin layer of adhesive. Immediately add more adhesive and use the square comb edge to distribute the adhesive, moving in one direction. We applied the adhesive in sections rather than the entire surface area.

Step 5: Press tiles into place.

Starting in one corner, press the first tile in place ensuring it is straight and level. Repeat with all of the tiles, pressing into place and ensuring each and every one is straight and level. Make sure to leave space between tiles for grout lines. When you're done placing the tiles, remove the painter's tape. Clean any excess adhesive from edges with a damp rag. Let the

tiles set and adhesive dry for a minimum of 24 hours before moving on to applying grout.

Step 6: Apply grout.

Using a rubber grout float tool, apply grout to the tiles, pushing it gently into the grout lines. Ensure that the grout fills the lines and is relatively smooth.

Step 7: Clean off excess.

Fill a bowl or pail with water and use a damp sponge to remove excess grout from tiles. Let the grout set according to the product specifications before removing the cloudy looking grout haze from the tiles. Let grout dry for 24 hours before handling.

Step 8: Trim.

Measure and cut wood trim to finish off the edging around tile. Paint the trim. Give it two coats for a good finish.

Step 9: Paint the table

Apply two coats of paint to all exposed wood on the table. Let dry according to product directions.

Step 10: Finish off with trim.

Fasten the trim onto the table with small finishing nails or use a strong glue like Gorilla Glue.

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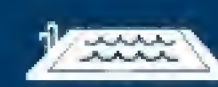
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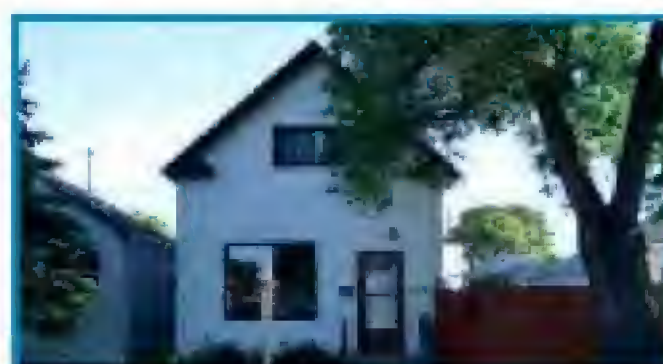
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METRO SPACES

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regardless of the value of the home you buy. The rest of the commission amount, which ComFree Commonsense Network receives from the seller's broker, goes directly to you.

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Own a piece of a premier downtown neighbourhood

With the return of patio season, Osborne Village is once again the city's premium destination to grab a bite, enjoy a beverage, or get some shopping done — and the new 24seven Condominiums are at the centre of it all.

The luxury condo project is being built at 247 River Avenue, and after the fast sell-out of the Village Junction condos, Ventura is confident they can duplicate that success with 24seven Condominiums.

"The location is absolutely spectacular," says Cornerstone Real Estate's Garry Hirsch, who's marketing the project with wife Debbie. "It's central, so not only is it close to transit and the restaurants, coffee shops, and shops of Osborne Village, it's also just a short walk to downtown, The Forks, and True North Square."

On top being close to everything downtown Winnipeg and Osborne Village has to offer, Debbie says 24seven also offers an unprecedented combination of lifestyle, location, and luxury.

"Whether you're meeting friends for a glass of wine or desert, or checking out some of the city's trendiest shops, it's all literally right out your front door," she says. "And The Forks, MTC, and CanWest Global Park are just a short walk away."

"This is way more than a condo, it's a lifestyle."

These fabulous suites start at only \$209,990 including net GST.

Each suite has nine-foot ceilings, huge windows, in-suite laundry, barn-style doors, and massive closets. The suites come with six appliances, include tri-pane windows, in-suite laundry, individual forced air heating and cooling, and spacious balconies.

Hirsch says more than a quarter of the suites have already been sold.

"No other project in Osborne Village offers the incredible, overall value that 24seven does," he says.

Each suite has a logical layout for exceptional livability and comfort and Hirsch says buyers can choose their finishes and love



CONTRIBUTED

their lifestyle if they act now.

For more information on 24seven's perfect combination of location, lifestyle and luxury, see 24sevencondos.com, or call Garry of

Debbie Hirsch at 94CONDO (204) 942-6636 to book an appointment to view the display suites at 369 Stradbroke Avenue – Saturday and Sunday 1-4 p.m., or Thursday 6-8 p.m.

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VENTURA

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Garry & Debbie Hirsch
Cornerstone Real Estate Inc.

South Osborne's latest transit-oriented development

There's a new way of living taking shape in South Osborne.

Transit-oriented homes are breaking ground, transforming the neighbourhood with increased livability.

The stylish Metro Condominiums and Parkline Townhomes by StreetSide Developments are two shining examples, with first phases currently under construction.

Metro Condominiums are an affordable apartment-style option, right next to the Fort Rouge Rapid Transit Station. Recently unveiled in a neighbourhood event at The Park Theatre, the four-storey development features highly functional one- and two-bedroom designs, paired with perks like amenity space and underground parking.

Initial possessions are slated for mid-2017.

Just down the road on Hugo Street South is Metro's sister project, Parkline Townhomes. These two-storey, townhome-style condos come with the opportunity to finish your basement as a separate income suite.

It's a unique opportunity that no other condo development in Winnipeg offers, empowering owners to rent out their suite to make extra income or to host a family



CONTRIBUTED

member.

First possessions on the townhomes are set to begin this fall.

Both Parkline and Metro are responsive additions to the neighbourhood that

incorporate all aspects of a transit-oriented development.

Not only are the condominiums transit-adjacent, offering easy access to all of the city's major arteries, they also provide walk-

able spaces that encourage healthy living.

When you're close to the everyday conveniences that you need, and there's infrastructure to support it, walking, cycling or riding the bus to your destinations is more enticing.

Your reduced need for a car will help you make a positive impact on the environment, and you'll also save money.

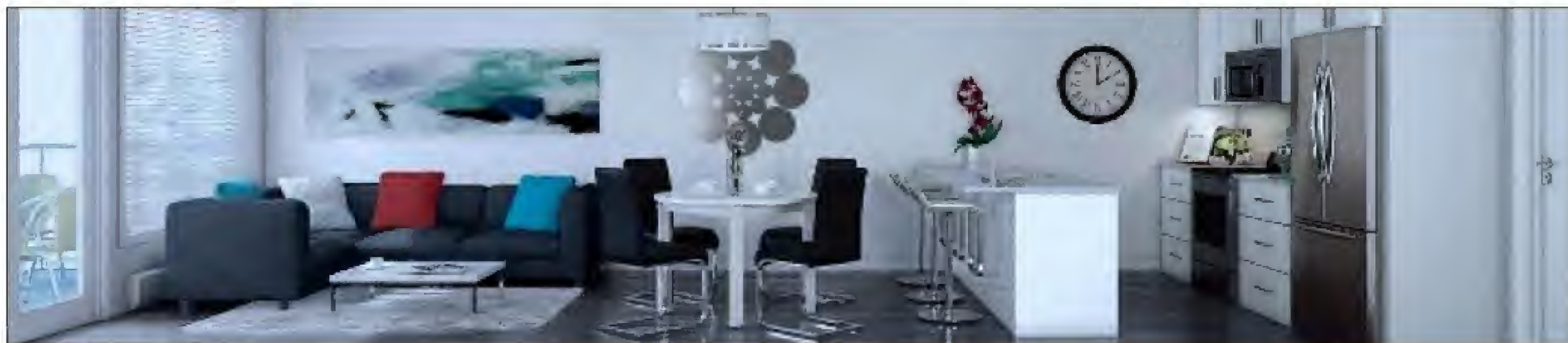
Living in a transit-oriented neighbourhood reduces dependency on vehicles and cuts the cost of transportation by as much as 16 per cent, compared to the cost in an auto-dependent area.

Because housing costs and transportation are the highest household expenses, living close to public transit helps keep more money in your pocket for disposable income or savings.

Transit will also help Metro and Parkline residents easily connect to downtown, all academic institutions, major attractions and the surrounding vibrant community.

Urban living in South Osborne has never been easier.

Metro's first phase is now available for reserves. Visit metrocondominiums.ca for more information.



SOUTH OSBORNE
METRO
▪ CONDOMINIUMS ▪

Shannon Goodwin & Rhonda Funke
Rancho Realty Services (Manitoba) Ltd.
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THE SPAWN OF TRANSIT-ORIENTED DEVELOPMENT IN SOUTH OSBORNE.

Introducing Metro Condominiums, a stylish collection of one- and two-bedroom apartment-style condominiums, adjacent to the Fort Rouge Rapid Transit Station.

The high-functioning designs are accompanied by perks like underground parking and amenity space, providing an ease of living with all contemporary comforts.

1 & 2 BEDROOMS STARTING UNDER \$200,000 INCL. GST

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Friday night is party night for sports fans in the 'Peg

VIEW FROM THE 300S
Andrew 'Hustler' Paterson

For Winnipeg sports fans, the wait is over tomorrow night.

For Jets fans, almost two months after the greatest stroke of good fortune the organization has seen in five years, Winnipeg will select a potentially franchise-changing player second overall at the NHL draft in Buffalo. It will be one of the most exciting and important moments for hockey in Winnipeg since the team came here from Atlanta in 2011.

For Bombers fans, tomorrow night is a new beginning in royal blue and the first chance to see a rebuilt club at Investors Group Field in the team's 2016 CFL home opener. Kyle Walters and his staff have worked diligently to improve the team during the off-season, and the faithful are optimistic that better days are ahead.

I was initially dismayed when I realized the first round of the draft would be the same night as the Blue Bombers home opener. It's an unfortunate break for the Bombers who should be the top story in town for their first game of the 2016 season.

The conflict also created a conundrum for Winnipeg sports fans, the vast major-



Not only will the Blue Bombers kick off the regular season on Friday night, but the Jets will pick second at the NHL draft. JOHN WOODS/THE CANADIAN PRESS

ity of which cheer for both the Jets and Bombers. Do fans stay at home to watch the Jets draft and miss the football game? Or head to IGF and miss out on the historic pick? It's been a conversation I have been having with fans for weeks.

To its credit, the Winnipeg Football Club has realized the challenge of the conflict and made the best out of a tough situation. Embracing the fact that even the most

"I have no doubt it will be the biggest and loudest gathering of fans to watch the draft in the province."

hardcore Bombers fans will also be quite interested in the NHL draft, the organ-

ization will open the gates at Investors Group Field at 5:30 p.m. Friday for the 7:30 p.m. kickoff against Montreal. The Bombers will play the Jets' announcement of their draft pick (probably sometime between 6:15 and 6:30) live on the huge IGF Jumbotron screens with sound and will offer a special happy hour featuring \$5 beers from 5:30-6:30 p.m.

Fans of both teams can now have their cake and eat it, too.

Normally before Blue Bombers home games, my group of friends tailgates until close to game time and heads in just before kickoff. Many others have a few at local watering holes and get to the game near kickoff as well, while some enjoy the tailgate options the Bombers provide outside at IGF.

On Friday literally everyone I know going to the game is planning on going early to be there for the Jets' pick.

While the Jets will host their sold-out draft party downtown at the Met, Investors Group Field will be an extension of that party. I have no doubt it will be the biggest and loudest gathering of fans to watch the draft in the province and will be a special moment in Manitoba sports history.

Maybe it's just me, but I have never noticed that much love or co-operation between our two most prominent professional sports franchises. Hopefully that seems to be changing, with events such as the Heritage Classic in October.

Tomorrow night at Investors Group Field, the link between the Jets and Bombers to the sports fans in Winnipeg and their importance in our community will be on full display. Get there early and don't drink all the beer before the football game.

NHL Board of governors all in on Las Vegas

The NHL is officially rolling the dice on Las Vegas.

Commissioner Gary Bettman said the league's board of governors has accepted an expansion bid from Las Vegas with the new team to begin play in the 2017-18 season.

He said Wednesday's vote was unanimous.

"We think this is a tremendously exciting opportunity, not just for Las Vegas, but for the league," Bettman said. "This expansion comes at a time when our game is more competitive than ever, ownership is stronger than ever, the player base is more talented than ever and the business, and the future opportunities for the business, are greater than ever."

The board also decided to defer Quebec City's bid, despite the city having a brand new arena as part of its application to become the 31st NHL franchise. Bettman said the fluctuation of the Canadian dollar and the league's geographical imbalance — there are currently 16 teams in the Eastern Conference compared to 14 in the West — were factors that worked against Quebec City's bid.

The Las Vegas franchise will begin to populate its roster with an expansion draft prior to the 2017-18 season.

THE CANADIAN PRESS

+ NHL AWARDS

Hart Memorial Trophy (most valuable to his team)
 Patrick Kane, Chicago
Ted Lindsay Award (MVP as voted by NHLPA)
 Patrick Kane, Chicago
James Norris Memorial Trophy (top defenceman)
 Drew Doughty, L.A.
Vezina Trophy (top goaltender)
 Braden Holtby, Washington
Calder Memorial Trophy (outstanding rookie)
 Artemi Panarin, Chicago
Jack Adams Award (top coach)
 Barry Trotz, Washington

Go to metronews.ca for more from Wednesday's NHL Awards.

SOCCER

France's song of Ice and Ire

Ireland advanced to the knock-out stages of the European Championship for the first time after it beat a reshuffled Italian side 1-0 on Wednesday.

An 85th-minute late goal from Robbie Brady was enough for the spirited Ireland side to secure a place in the round of 16 as one of the best third-place teams. Its reward — a match against France in Lyon on Sunday.

"It was very special. I am thrilled; it was a great win," Ireland coach Martin O'Neill said. "We deserved to win.

EURO 2016
GROUP STAGE ENDS

We played some phenomenal stuff. There wasn't a player in the Irish shirt that didn't play heroically."

Italy was already assured of a top spot in Group E after two straight group wins.

Brady's goal was just reward for an inspired performance by the Ireland team, which needed to win to get through.

His goal, which stemmed

from a cross by second-half substitute Wes Hoolahan, came just moments after Hoolahan himself had missed a golden chance to put Ireland ahead.

Iceland, the smallest nation at the Euros, delivered the feel-good story of the tournament by beating Austria 2-1 to qualify for the round of 16.

The victory, secured by a goal deep into stoppage time by Arnor Ingvi Traustason, earned Iceland's players the game they'd dreamed of: a last-16 match against England.

THE ASSOCIATED PRESS



Ireland's players celebrate scoring against Italy on Wednesday in Lille, France. FRANCOIS LO PRESTI/AFP/GETTY IMAGES

RECIPE Grilled Shrimp Salad



PHOTO: MAYA VISNIE

Ceri Marsh & Laura Keogh
For Metro Canada

The black beans and corn make this a hearty and satisfying meal.

Ready in
Prep time: 1 hour
Cook time: 30 minutes

- Ingredients**
- 1 Tbsp vegetable oil
 - 1 Tbsp lime juice
 - 1 tsp soy sauce
 - 1 tsp sesame oil
 - 2 cloves of garlic minced
 - couple of grinds of black pepper
 - 1 pound large shrimp,
 - 4 or 5 wooden skewers
 - 2 or 3 cobs of corn
 - 1 x 19 ounce can black beans
 - 1 red pepper, diced
 - 1/2 cup chopped cilantro
 - 1 avocado, diced
 - 4 Tbsp vegetable oil
 - 3 Tbsp lime juice
 - 1/2 tsp salt
 - 1/2 tsp cumin
 - 1/4 tsp pepper
 - 1 head Boston lettuce, washed, spun and chopped

- Directions**
1. Mix together vegetable oil, lime juice, soy sauce, sesame oil, garlic and pepper in a bowl. Add shrimp, cover, and place in the fridge for about an hour. Soak your wooden skewers.
 2. Oil your grill and turn on high. Place corn on top and cook for 15 to 20 minutes, turning every 5 minutes. Remove and allow to cool before slicing off the kernels. Mix corn, beans, chopped peppers and coriander in a bowl. Fold in avocado. Whisk together oil, lime juice, salt, cumin and pepper. Dress the bean mixture.

4. Take shrimp out of fridge and put about three on each skewer. Barbecue for about six minutes. Allow them to cool slightly before sliding them off the skewers.

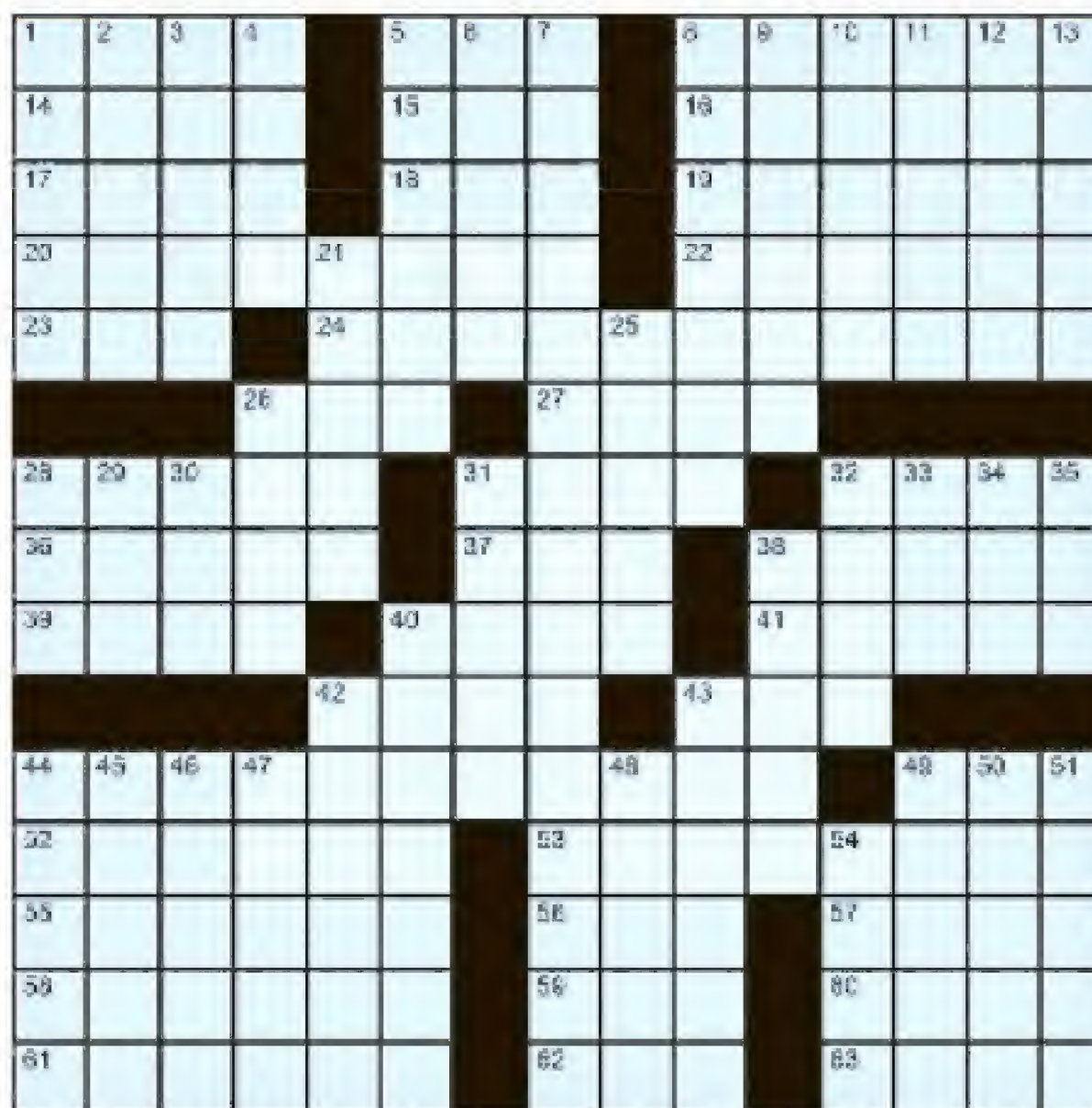
4. On a serving plate, arrange the chopped lettuce and pile the beans and grilled shrimp on top.

FOR MORE MEAL IDEAS, VISIT
SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

- ACROSS**
1. "Star Trek: Deep Space Nine" character
 5. "Sunglasses at Night" singer ...his initials-sharers
 8. Lassos
 14. Fort __, Ontario
 15. Derisive shout!
 16. Make certain
 17. Ms. Olin
 18. Sweat spot
 19. "Bird Song" by Canadian band The __ Jennys
 20. The Great __ river in Quebec: 2 mots
 22. Bands like Arcade Fire
 23. Diane's portrayer on "Cheers" ...her initials-sharers
 24. 2009 Adam Sandler movie about an unwell comedian, co-starring Vancouver-born actor Seth Rogen: 2 wds.
 26. __ Angeles
 27. Leaver
 28. Google alternative
 31. Gov. agents
 32. Hat-tipper's polite address
 36. Politically pick
 37. White House nickname
 38. Vocalize
 39. Fish __
 40. Folk singer/actor Mr. Ives
 41. Rankin __, Nunavut
 42. Pre-midnight time, __ clock
 43. Genetic info carrier
 44. "Jewel of the Eastern



- Townships' village in Quebec: 2 wds.
49. Nature's swimming pool, in French
52. Off the boat/On the beach
53. Catholic prayer: 2 wds.
55. Comic actress Ms. Leachman

56. Manchester's I/I country
57. Guitarist Mr. Clapton
58. Delete private information
59. Operated
60. President's desk locale, __ Office
61. Obliterates

62. Charlotte, to Emily or Anne, for short
63. Lessen

- indicators
4. Foreboding
5. The Swan constellation
6. Austrian composer, Joseph __ (b.1732 - d.1809)

- DOWN**
1. Where wishes are made
 2. Cosmetics company, L__
 3. Tree growth

7. Yosh and Stan on "SCTV": 2 wds.
8. Towel dries the still-wet dish
9. More asinine
10. Rita Coolidge/Kris Kristofferson duet: "Blue ____"
11. Dutch flower
12. The Tempest spirit
13. Percussion
21. In progress
25. Sing in The Alps
26. Key's pal
28. Hitherto
29. Neighbour of Tenn.
30. Egg-warming bird
31. Region's animal life
32. Homer Simpson's mother
33. Garlic: French
34. Whiz
35. NYC opera house
38. Retro record
40. Commands
42. Threetimes
43. Condescends
44. Mother-of-pearl
45. Saskatchewan town near Saskatoon
46. Valerie Harper title sitcom role
47. Words in a 1970 war picture's title!
48. Hawaiian island
49. Caterpillar, for example
50. "Parliament" suffix
51. Pedal
54. __ Mix (Cat food brand)

★ IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Someone older might have excellent advice for you today. Probably, this person is a female. At the very least, listen to what she has to say.

Taurus April 21 - May 21
You will impress people in authority (bosses, parents, teachers and VIPs) with your serious, conscientious, responsible attitude today. They know they can depend on you.

Gemini May 22 - June 21
This is an excellent day to make long-range travel plans. It's also a good day to discuss opportunities in publishing, the media, medicine, the law and higher education.

Cancer June 22 - July 23
Roll up your sleeves and clean away loose details about inheritances, shared property, taxes and debt. This is also a good day to do banking details and pay bills.

Leo July 24 - Aug. 23
You have to compromise with others today, because the Moon is in a sign that is opposite your sign. It works that way. This simply requires a little patience. No biggie.

Virgo Aug. 24 - Sept. 23
You will be productive at work today because you have the attitude and energy necessary to do routine stuff. Get as much done as possible while you are in this mood.

Libra Sept. 24 - Oct. 23
You might develop a crush on someone older today, or vice versa. In addition, you will take your responsibilities regarding children very seriously.

Scorpio Oct. 24 - Nov. 22
Family discussions will be practical and serious today. In fact, an older family member might have important input. This is a good day to plan how to better secure your home.

Sagittarius Nov. 23 - Dec. 21
It pleases you today to do things that help your life to be more orderly. You are in a practical frame of mind, and you want to see things around you work smoothly.

Capricorn Dec. 22 - Jan. 20
If shopping today, you will buy only items that are practical and long-lasting. No feather boas for you! You want to save money.

Aquarius Jan. 21 - Feb. 19
Because the Moon is in your sign today, you might feel more emotional than usual. However, you also might be luckier than usual! Ask the universe for a favor to see what happens.

Pisces Feb. 20 - March 20
Working alone or doing behind-the-scenes research appeals to you today. You won't overlook details because you have the right frame of mind to do this.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



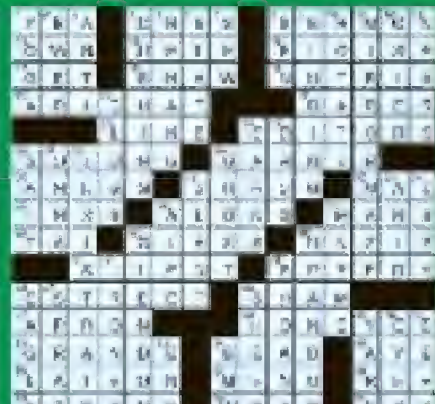
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YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

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6	1	2	8	7	5	9	3	4
8	9	5	6	3	4	2	1	7
7	4	3	9	2	1	8	5	6
1	2	6	7	8	3	4	9	5
5	3	7	1	4	9	6	2	8
4	8	9	5	6	2	3	7	1
3	6	1	4	9	7	5	8	2
2	5	8	3	1	6	7	4	9
9	7	4	2	5	8	1	6	3



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June 17 - 26

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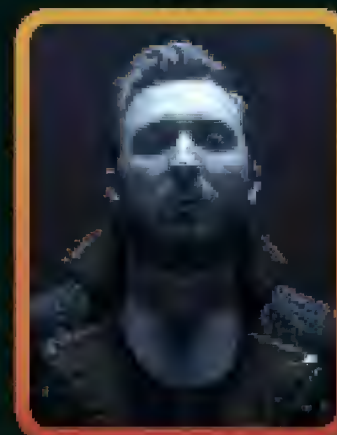
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Jess Moskaluke
with guest Kendra Kay
8 p.m.



**FRIDAY
JUNE 24**
Pop Evil
8 p.m.



**SATURDAY
JUNE 25**
Coleman Hell
8 p.m.



**SUNDAY
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